



UNCLASSIFIED //FOUO



"Climb to
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ABBREVIATIONS

- **DW = Dynamic Warm up**
- **RD = recovery drill**
- **PSD = pushup/sit up drill**
- **FM = foot march**
- **aml = approach march load**
- **STC = strength training circuit**
- **4C = 4 for the core**
- **CD = conditioning drill**
- **SR = shuttle run**
- **RR = release run**
- **HSD = hip stability drill**
- **CL = climbing drill**
- **AGR = ability group run**

Note: We are using "DW" in lieu of "preparation drills" (PD), in order to allow for more flexibility with the selection of movement preparation/warm-up exercises.



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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
1	Preparation: DW (5 reps) Activities: 1-mile run assessment Recovery: RD (30 sec)	Preparation: DW (5 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 sec)	Preparation: DW (5 reps) Activities: HSD (5 reps), MMD 1 (1 rep), 30:60s (6 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (5 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 secs)	Preparation: DW (5 reps) Activities: HSD (5 reps), SSD (5 reps), STC Recovery: RD (30 secs)
2	Preparation: DW (6 reps) Activities: HSD (6 reps), MMD 1 (1 rep), AGR (20 min) Recovery: RD (30 secs)	Preparation: DW (6 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 sec)	Preparation: DW (6 reps) Activities: HSD (6 reps), MMD 1 (1 rep), 30:60s (6 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (6 reps) Activities: 4C (60 sec), CD 1 & 2 (5 reps ea), CL1 (5 reps) Recovery: RD (30 secs)	Preparation: DW(6 reps) Activities: HSD (6 reps), SSD (6 reps), STC Recovery: RD (30 secs)
3	Preparation: DW (7 reps) Activities: HSD (7 reps), MMD 1 (1 rep), AGR (21 min) Recovery: RD (30 secs)	Preparation: DW (7 reps) Activities: 4C (60 sec), CD 1 & 2 (6 reps ea), CL1 (6 reps) Recovery: RD (30 sec)	Preparation: DW(7 reps) Activities: HSD (7 reps), MMD 1 (1 rep), 30:60s (7 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (7 reps) Activities: HSD (7 reps), SSD (7 reps), STC Recovery: RD (30 secs)	Preparation: DW (7 reps) Activities: FM w/ flick (8k or less) Recovery: RD (30 secs)
4	Preparation: DW (8 reps) Activities: 4C (60 sec)	Preparation: DW (8 reps) Activities: HSD (8 reps), MMD 1 (2 reps)	Preparation: DW (8 reps) Activities: 4C (60 sec)	Preparation: DW (8 reps) Activities: HSD (8 reps), MMD 1 (2 reps)	Preparation: DW (8 reps) Activities: 4C (60 sec), HSD (8 sec)



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WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
5	Preparation: DW (9 reps) Activities: HSD (9 reps), MMD 1 (1 rep), AGR or RR (23 min) Recovery: RD (30 secs)	Preparation: DW (9 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (5 reps) Recovery: RD (30 sec)	Preparation: DW (9 reps) Activities: HSD (9 reps), MMD 1 (1 rep), 30:60s (8 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (9 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (7 reps), PSD (2x30 sec) Recovery: RD (30 secs)	Preparation: DW (9 reps) Activities: HSD (9 reps), SSD (9 reps), STC Recovery: RD (30 secs)
6	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), AGR or RR (24 min) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (7 reps ea), CL1 (7 reps ea), PSD (2x45 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), 30:60s (8 reps), 300-yd SR (1 rep) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: FM w/ flick (10k or less) Recovery: RD (30 secs)
7	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (8 reps ea), CL1 (8 reps), PSD (2x60 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), 30:60s (9 reps), 300-yd SR (2 reps) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (60 sec), CD 1 & 2 (8 reps ea), CL1 (8 reps), PSD (2x60 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 (1 rep), AGR or RR (25 min) Recovery: RD (30 secs)
8	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2	Preparation: DW (10 reps) Activities: 4C (60	Preparation: DW (10 reps) Activities: HSD (10 reps)	Preparation: DW (10 reps) Activities: 4C (60	Preparation: DW (10 reps) Activities: FM w/ flick (10k or less)



WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
9	Preparation: DW (10 reps) Activities: 4C (2x60 sec), CD 1 & 2 (9 reps ea), CL1 (9 reps), PSD (3x60 sec) Recovery: RD (30 sec)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), AGR or RR (28 min) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), 60:120s (8 reps) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)
10	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), AGR or RR (30 min) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: HSD (10 reps), MMD 1 & 2 (1 rep ea), 60:120s (10 reps) Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: 4C (2x60 sec), SSD (10 reps), STC Recovery: RD (30 secs)	Preparation: DW (10 reps) Activities: FM w/ flick (10k or less) Recovery: RD (30 secs)

